



## Early Journal Content on JSTOR, Free to Anyone in the World

This article is one of nearly 500,000 scholarly works digitized and made freely available to everyone in the world by JSTOR.

Known as the Early Journal Content, this set of works include research articles, news, letters, and other writings published in more than 200 of the oldest leading academic journals. The works date from the mid-seventeenth to the early twentieth centuries.

We encourage people to read and share the Early Journal Content openly and to tell others that this resource exists. People may post this content online or redistribute in any way for non-commercial purposes.

Read more about Early Journal Content at <http://about.jstor.org/participate-jstor/individuals/early-journal-content>.

JSTOR is a digital library of academic journals, books, and primary source objects. JSTOR helps people discover, use, and build upon a wide range of content through a powerful research and teaching platform, and preserves this content for future generations. JSTOR is part of ITHAKA, a not-for-profit organization that also includes Ithaka S+R and Portico. For more information about JSTOR, please contact [support@jstor.org](mailto:support@jstor.org).

*Die Suggestionstherapie und ihre Technik.* EDWARD BAIERLACHER. Stuttgart, 1889. pp. 57.

This is a purely practical treatise, dealing with the chief facts, methods and uses of the hypnotic process. The essay falls into two parts, the first on the process and the second giving a list of cases with appropriate criticisms. The former gives a convenient résumé of the chief points necessary for the practitioner, the latter shows the large variety of diseases to which the treatment is applicable. The success attending the treatment elsewhere will doubtless soon lead to a speedy extension of it throughout Germany.

*Clinique de Psycho-Thérapie suggestive fondée à Amsterdam par les docteurs* A. W. VAN RENTERGHEM ET F. VAN EEDEN. Bruxelles, 1889. pp. 92.

This comprehensive report read at the recent Congress of Hypnotism in Paris, places in convenient form the results of the "suggestive" treatment of 414 cases covering a period of two years. These two physicians took as their model the clinic of Liébeault in Nancy, and proceed entirely on the methods of the Nancy school. They have a suite of five rooms in a hotel in Amsterdam, comfortably arranged with easy chairs for the patients, with precautions against ill effects, and provision for pleasant impressions upon awakening. Their methods are strictly scientific, and they are actuated by a desire of demonstrating the power of suggestive-therapeutics when scientifically applied. They confine their efforts simply to the cure of the patient, suggesting repeatedly that the pains will vanish, that functional irregularities will disappear, that the power over a lost limb or a lost sense will return, that sleeplessness or morbid appetites will no longer trouble the patient, and so on. Each case must be treated on its own merits and according to the character of the individual. The suggestion must, where possible, be aided by initiating in the hypnotic state the effects desired after awakening. Regarding the results they tabulate all their cases, appending histories in typical instances, and subdividing them into the following ten divisions, of which the first five are affections of the nervous system, and the others of parts other than nervous. The number of cases treated under each division is added. 1. Organic (?) affections, 29. 2. Serious neuroses, hysteria, 40. 3. Mental diseases, 60. 4. Neuropathic troubles, 164. 5. Various nervous pains, 68. 6. Internal functional troubles, 27. 7. External functional troubles, 17. 8. Fevers, 1. 9. Menstrual troubles, 7. 10. Anæsthesia for surgical purposes, 1. Taking first the statistics in general we find 53 per cent. men and 47 per cent. women; we find about 4 per cent. remaining uninfluenced by the suggestions, 56 per cent. falling into a light sleep, 32 per cent. into a deep sleep, and 11 per cent. reaching the stage of somnambulism. Of the 414 patients 9 were between 1 and 10 years of age, 46 between 11 and 20, 203 between 21 and 40, 131 between 41 and 60, and 25 between 61 and 80. On 20 per cent. the treatment had no beneficial effect; on 26 per cent. it produced a slight or passing amelioration; on 27 per cent. it produced a marked or permanent amelioration; and 28 per cent. were cured. Regarding next the nature of the disease the vast predominance of nervous troubles at once suggests the special field of hypnotic therapeutics; of non-nervous disease classes 6 and 8 have the greatest chances of cure by this treatment. Of 29 organic affections we find but a single case of cure, (and even that in doubt), showing the

absurdity of the panacean claims sometimes advanced. The more serious neuroses are almost all decidedly improved, but only 9 in 40 completely cured; mental diseases show a small percentage of cure and a large percentage of negative or slight results. Class 4 shows an excellent record, 39 slightly, 37 markedly improved and 47 cured, while class 5 shows 11, 19 and 17 in the same divisions. The tables contain many more interesting facts, and will in the future be constantly referred to as amongst the first sufficient data for a reliable conclusion regarding suggestive therapeutics. This conclusion must declare the method in comparison with other methods an excellent success, particularly with functional troubles of the nervous system, slight and serious. J. J.

*Das Doppel Ich.* MAX DESSOIR. Berlin, 1889. 8vo. pp. 42.

In this very entertaining lecture of a prominent member of the Berlin Society for Experimental Psychology, we have a consistent elaboration of the theory that has played quite a rôle in the history of Psychology, that the mind is dual in nature, that there are two of each of us. But this *alter ego* is not the tenant of the other half of the brain as Wigan had it; it is rather a secondary form of consciousness, an under consciousness which in ordinary cases occupies the humble quarters assigned to it but occasionally makes itself prominent and exhibits curious and bizarre forms. When we are deeply engrossed in work and yet something within us counts the strokes of the clock unknown to the worker; when we practice ourselves in this art so that we can keep up a lively conversation and at the same time perform intricate additions and multiplications, then both our egos are working at once. Ordinarily the upper consciousness alone does the work of direction, but occasionally the under consciousness takes the reins. When we automatically do things that are habitual and take no cognisance of it, as when we abstractedly take the night-key with us on going out and then suddenly start to go back for it, unaware that the under-consciousness has already attended to it, we are in the hands of the "*Doppel Ich.*" So much for the normal. This germ of a second personality which we each carry with us may develop unusual forms until it passes step by step into the pathological. When in dreams we take up the thread one night where we left it the night before, when the drunkard remembers in one intoxication what he did in the previous one, (though in the sober condition unable to do so), these changes of bodily condition seem the sufficient starting points for a disintegration of the self. From this the steps are gradual to the seizures of the epileptic, to those cases of sudden amnesia in which every faculty seems to be lost and then as suddenly regained, and finally to such complete instances of dual personality, as Dr. Azam's case of Felida X, whose normal conditions form a complete chain by themselves, but the links of which are alternately interrupted by the secondary states equally continuous amongst themselves, but no remembrance of the normal condition remaining in the secondary, nor vice versa.

But the subject has an experimental side as well. Hysteria and hypnotism are the fertile fields in which such experiments flourish. In one hypnotic trance patients remember what they did in former ones though they forget it in the intervals; in the execution of post-hypnotic suggestions we see all shades of relation between the hyp-